

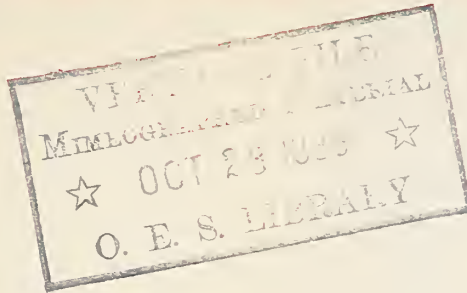
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ITEMS:

Weigh the ingredients when making such preserves as quince or watermelon, rather than try to gage the amount of sugar by measures of fruit. A pint of prepared fruit may vary in content with the shape and size of the pieces of fruit, the way the fruit is packed in the measuring cup, and with fruits of different pickings. But a pound is always a pound and, therefore, a dependable standard to use in getting correct proportions.

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Ten or twenty cents wisely spent for spices provides seasonings that can be spread over a number of months. From a box of mixed whole pickling spices, different kinds can be picked out, such as bay leaf, peppercorns, and whole cloves, and used separately to make bland dishes appetizing. A box of mixed, powdered poultry seasonings provides a pleasing blend of flavors for stuffings, stews, and soups.

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Information on the nutrients in milk and its place in the diet is given in Farmers' Bulletin 1705-F, Milk for the Family, published by the U. S. Department of Agriculture, Washington, D. C. Suggestions and recipes are also given for the use of milk in preparing soups, creamed dishes and gravies, beverages, butters, doughs, and desserts.

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Five ounces of American cheese (Cheddar) is about equivalent to a quart of fresh fluid milk in calcium, phosphorus, and protein content.

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